



WEST Region Winter Academy

2011-2012



In partnership with:



"Champions of Academic and Athletic Excellence"

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

INTRODUCTION

Dear Players and Parents,

We are pleased and excited to announce the 2011 - 2012 Fredericton Hyundai West Region Soccer Winter Academy Program will be up and running once again for the upcoming winter. The program will continue to deliver a professional approach with a player-centered and long-term development focus. The program will run from November 2011 - March 2012. This year West Region Soccer will be collaborating with UNB V-Reds to once again continue to take the lead in developing soccer in the province for players, coaches and clubs.

U12 - U18 Players will receive 28 quality training sessions in total plus playing in the UNB Leagues. Hence, players will have more soccer this winter than ever before. The partnership with UNB V-Reds, will see the players exposed to UNB V-Reds coaches.

Please note that we are preparing a special conditioning program with a high level conditioning coach. This will allow our players to train and also learn the proper techniques they need for their own training. Information will come out soon.

West Region Soccer will continue to implement the Long Term Player Development model that was introduced by Canadian Soccer Association in 2008.

The contents of this Handbook provide in-depth information for all players and parents regarding the program vision, direction, expectations and player development pathway.

Boggy Itoafa
Chair, West Region Soccer Association

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

CONTENTS

Player Pathway.....	Page 4
Regional Academy Program.....	Page 5
UNB V-Reds Academy.....	Page 7
Program Schedule.....	Page 8
Program Coaches.....	Page 9
Program Standards.....	Page 10
Player Expectations.....	Page 11
Parent Expectations.....	Page 12
Program Contacts.....	Page 13
Registration Form.....	Page 14

WEST REGION SOCCER - WINTER PLAYER DEVELOPMENT PATHWAY

PLAYER PATHWAY



WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

REGIONAL ACADEMY PROGRAM ACADEMY

The West Region Soccer Academy Program (WRSAP) will be delivered to ensure:

- *That it adds value over with a professional approach*
- *Focus on developing players for long term and representative honours*
- *That the program caters for players at every ability level*

West Region Soccer Academy Program (WRSAP) will be run during:

- **November 2011 - March 2012**

The WRSAP is open for all players from 8 - 18 years old (girls and boys). During the first 2 to 3 sessions all players will be assessed and be placed in the appropriate groups based on their age and ability for the 4th or 5th session and beyond. This will ensure that all players are developing effectively.

Placing players in the appropriate groups based on their age and ability, this will ensure that more advanced players are challenged and the developmental players are not intimidated during the sessions.

Over the course of the program, players could move between groups if it will benefit their development. This will ensure that all players are challenged and kept motivated.

The groups will follow a common core curriculum, but at an appropriate level. This will ensure the most effective learning process. A goal of this program is to see every player improve towards their full potential.

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

REGIONAL ACADEMY PROGRAM

To provide the best developmental experience, the intent is to have all sessions led by coaches with a CSA Provincial 'B' Coaching Certification. The standard for assistant coaches is the Provincial Pre B licence. The coaching staff will also utilize and mentor development coaches. All WRS Academy coaching staff subscribe to long term player development philosophy.

The WRS Academy Program curriculum is designed around the following key technical/tactical points:

Technical

- Ball control and receiving
- First touch
- Short & Long Passing
- Dribbling
- Feinting
- Heading
- Shooting
- Specialized Goalkeeping training for goalkeepers

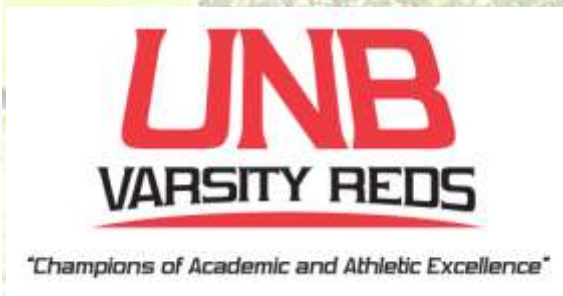
Tactical

- 1 v 1 attacking & defending
- 2 v 2 defending & attacking
- Space creation and player movement
- Identifying passing opportunities
- 4 v 4 small sided games

Goalkeeper specialized Training sessions

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

WRS/UNB V-REDS ACADEMY



West Region Soccer and UNB V-Reds have formed a new partnership this year to establish a WRS/UNB V-Reds Academy. The Academy is designed to offer WRS Academy players the opportunity for further training. WRS and UNB will oversee, manage and run the WRS/UNB V-Reds Academy.

It's a great opportunity for the best players with aspirations to play at a provincial level and eventually at university level to gain further training.

The WRS/UNB V-Reds Academy will run once a week for 12 weeks starting in December and ending in March. Training will be delivered by UNB V-Reds staff based on the curriculum prepared by Soccer NB, West Region Academy and UNB V-Reds.

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

PROGRAM SCHEDULE

Day	Program	November 2011	December 2011	January 2012	February 2012	March 2012	April 2012
Monday	League Play (U12 - U16)		n/a	16 th January - 11 th April 2011			
Tuesday	WRS Training	29	6,13, 20	3, 10, 17, 24,31	7,14,21	13, 20, 27	3
Thursday	UNB V-Reds Training		8, 15	5, 12, 19, 26	2, 9, 16, 23	15, 22	
Sunday	League Play (Senior Girls)		n/a	January - April 2012			
TBA	League Play (U18 Boys)		n/a	January - April 2012			

Number of WRS RDP Sessions:	28 sessions
Number of League Play:	12 games (over 10 weeks, 10 league + 2 playoff)
Venue:	UNB Chapman Field Turf - Dome

AGE GROUP:	U10 & Goalkeepers
Registration Fee:	\$330.00 per player
RDP Training Time:	5.30pm - 6.30pm
AGE GROUP:	U12 & Goalkeepers
Registration Fee:	\$330.00 per player
RDP Training Time:	5.30pm - 6.30pm
AGE GROUP:	U14 - U18 & Goalkeepers
Registration Fee:	\$385.00 per player
Soccer Conditioning Package	TBD
RDP Training Time:	6.30pm - 8.00pm or 8.00pm - 9.30pm
AGE GROUP:	Goalkeepers
RDP Training Time:	5.30pm - 6.30pm (plus outfield training)

Note: The conditioning program will be presented soon on our web site.

Note: That some players may be moved to another age-group based on ability.

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

PROGRAM COACHES

	Boggy Itoafa
	Miles Pinsent - WRS/UNB V-Reds Academy Manager
	David Rae-Coach
	Howard Myatt
	Olivier Jacomelli
	Rochelle Baldwin
	Mark LeBlanc
	Marc Gagnon

More coaches will be appointed in due course.



WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

PROGRAM STANDARDS

Though the Winter Academy Program is open to players at all levels, playing ability and game knowledge, it is still important that the program is delivered at a high standard to facilitate with learning and improving players.

Part of maintaining a high standard of program delivery to ensure all players are receiving appropriate training the coaches that will be involved in the program have to meet the following standards:

Qualification

- 2009 - beyond - Head Coaches works towards CSA National B License

Part of the role of the WRSAP is also to develop up and coming coaches which will inevitably improve the standard of coaching in the region. Hence the WRSAP will identify potential coaches to act as Development Coaches and work alongside the Head and Assistant Coaches.

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PLAYER EXPECTATIONS

West Region Soccer and UNB V-Reds Academy are setting a very high standard in all its programs. Hence, players involved in all West Region Soccer Programs and UNB V-Reds Academy must adhere to the professional expectations.

Any players attending any of the Programs:

- Must wear the West Region Soccer jersey
- Jerseys must be tucked into their shorts or track-pants
- Must not wear any jewelry or watches while training
- Be ready at least 10 minutes before for training with cleats and shin pads on
- Jackets to be zipped completely up or removed
- Must bring a filled up drink bottle
- If unable to attend training inform Program Director at least one hour before scheduled session
- Must be ready to learn, enthusiastic with a positive focused attitude
- Must adhere to fair play

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PARENT EXPECTATIONS

Parents play an important part in the lives of their children. Without the dedication and continued support of parents many players would not be able to participate in soccer.

West Region Soccer and UNB V-Reds Academy values the contribution of parents who constantly invest a lot of energy and finance into the welfare of their children.

For West Region Soccer and UNB V-Reds Academy to provide a professional high standard Program for players, it is important that parents do adhere to the following rules:

- Encourage their children to learn and have fun on the sidelines
- Ensure that their children adhere to the Player's Expectations policy
- Ensure that their children are at training sessions at least 10 minutes before scheduled time and are kitted up and ready
- Contact the Program Director one hour before training session if your child is unable to make training
- Do not coach from the sidelines any player while they are training
- Maintain a positive attitude at all times
- **RESPECT:** Parents abuse on WRSA coaches will not be tolerated and could determine expulsion from WRSA activities.

WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

PROGRAM CONTACTS

West Region Soccer

www.westregionsoccernb.org

Steve Harris

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West Region Soccer

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Chair, West Region Soccer

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Miles Pinsent

UNB V-Reds Academy Manager

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WEST REGION SOCCER – WINTER PLAYER DEVELOPMENT PATHWAY

2011 - 2012 FREDERICTON HYUNDAI WRS WINTER REGIONAL DEVELOPMENT PROGRAM REGISTRATION FORM

Player's Name: _____

Gender: Male: / Female

Date of birth: __ (MM) ____ (DD) ____ (YR)

Position Played: Goalkeeper / Outfield

Club played for 2011 season: _____

Medicare #: _____ Expiration date: _____

Allergies or Medical problems: _____

Shirt Size (circle one): YS / YM / YL / YXL AXS / AS / AM / AL / AXL

Shorts Size (circle one): YS / YM / YL / YXL AXS / AS / AM / AL / AXL

Father's Name: _____ Cellphone: _____

Mother's Name: _____ Cellphone: _____

Address: _____

Postcode: _____ Home Phone: _____

E-mail Addresses: _____

Payment Amount:

Age Group:	WRS RDP	Select One
U10 Group	\$330	
U12 Group	\$330	
U14, U16 & U18 Group	\$385	
After Closing Date - Nov 29, 2011	\$25.00 (Late Fee)	

Authorization form:

I _____ (parent or guardian), release the organizers of the West Region Soccer Winter Regional Development Program and UNB V-Reds Academy, of all responsibilities in case of an accident involving my son or daughter. Also I give my permission to administer First Aid and to transport _____ to the hospital to receive proper care if necessary.

Signature of parent or guardian: _____ Date: _____

**Please mail completed registration form and cheque to "West Region Soccer"
By Tue 29 November 2011 to:**

OFFICE USE	
Date Rec:	_____
Database:	Y / N
Emailed:	Y / N
Chq No:	_____

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